- LASIK -

Day 1 Post-operative care

Medications:
You will use the following medications for the next week:

1) <u>Refresh lubricating drops</u>: place one drop in each post-operative eye at least every four hours, but you can use these drops *as often as you like.* You can purchase this at the Exchange or any drug store
2) <u>Prednisolone drops</u>: these are the drops that look like milk after the bottle is shaken well. Place one drop in each post-operative eye four times a day for one week, then discontinue this medication
3) <u>Vigamox</u>: place one drop in each post-operative eye four times a day for one week, then discontinue this medication

Activity:
You can resume most activities, as tolerated, the day after surgery
No swimming, hot tubs, ocean or pools for 2 weeks after surgery
Try to keep soap out of your eyes while showering/washing your face for the first week
It is OK to exercise but try to keep excess perspiration out of your eyes for the first week
Avoid any physical activity that could involve eye trauma for 4 weeks after surgery
You may drive personal vehicles if you feel confident in your quality of vision
It is recommended that you use appropriate UV eye protection in order to maintain your long-term eye health

Post-operative vision expectations:
It is normal to have glare, halos, or dry eye symptoms for the first 2-3 months after surgery. These symptoms typically fully resolve spontaneously as the eye continues to heal. It may take 1-2 weeks until you get to your final stable vision. Try not to be concerned about this as most patients go through this period of healing. The bruising on the white part of your eye will resolve over the next few weeks. If you develop pain, redness, increased light sensitivity or decreased vision contact the Refractive Surgery Center about these symptoms (or use the ER after normal working hours).

FOLLOW-UP APPOINTMENTS: It is important that we evaluate your eye health at the 1 week and 1 month postoperative exams. We will contact your commanding officer if you do not follow-up as directed.

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